

## What to do if you are a victim of domestic violence

1. Call 911 and report the incident. You do not need to be able to speak English. The 911 operator will be able to assist you.
2. Seek medical attention if necessary. Have injuries documented and photographed.
3. Go to a safe place.
4. Tell someone you trust about the abuse: a family member, friend, victim advocate or co-worker. You do not have to face abuse alone.
5. Make a safety plan, call the Family Justice Center at (253) 798-4166 or a local domestic violence program for more information.



**CRYSTAL JUDSON  
FAMILY JUSTICE CENTER  
718 Court E**

**Tacoma, Washington 98402  
(253) 798-4166**

**Fax: (253) 798-4320**

**Email: [familyjusticecenter@co.pierce.wa.us](mailto:familyjusticecenter@co.pierce.wa.us)**

"This project was supported by Grant No. 2005-WE-AX-0065 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women."

## Domestic Violence Affects Everyone



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## What is Domestic Violence?

Domestic violence is a pattern of physically and/or emotionally abusive behavior used to control another person with whom the abusive person has an intimate or family relationship. It can include physical abuse, sexual abuse and emotional abuse. Abusive behavior can include the following (not all of these behaviors are crimes, but they are all abusive):

- Threatening physical harm
- Hair pulling, biting, kicking, pushing or hitting.
- Intimidation with a weapon
- Forced sexual contact
- Name calling
- Restraining someone from leaving
- Destruction of possessions
- Abuse toward pets
- Discouraging relationships with family and friends

### Are You a Victim of Domestic Violence?

- Is your partner violent toward you?
- Do you make excuses for or minimize your partner's behavior?
- Do you feel helpless, trapped, or alone?
- Do you blame yourself for the violence?
- Do you blame the violence on stress or drug/alcohol abuse?
- Do you fear going home?
- Are your children being abused or is your partner threatening to harm the children?
- Are you embarrassed or humiliated by your partner's efforts to control your behavior?
- **IT IS NOT YOUR FAULT**

## Unhealthy Relationship Traits

### Using Coercion and Threats

- Making and/or carrying out threats
- Making you drop charges
- Making you do illegal things

### Using Intimidation

- Making you afraid by using looks, actions, gestures
- Destroying your property
- Abusing pets
- Displaying weapons

### Using Emotional Abuse

- Putting you down, calling you names
- Making you feel bad about yourself
- Makes you think you're crazy/ plays mind games
- Humiliating you or Making you feel guilty

### Using Isolation

- Controlling what you do, who you see and talk to, what you read, where you go
- Limiting your outside involvement
- Using jealousy to justify actions

### Minimizing, Denying, and blaming

- Making light of the abuse and not taking your concerns about it seriously
- Saying the abuse didn't happen
- Shifting responsibility for abusive behavior

### Using Children

- Making you feel guilty about the children
- Using the children to relay messages
- Using visitation to harass you
- Threatening to take the children away

### Using Privilege

- Treating you like a servant
- Making all the big decisions
- Being the one to define roles

### Using Economic abuse

- Preventing you from getting or keeping a job
- Taking your money
- Controlling finances

## Healthy Relationship Traits

### Negotiation and Fairness

- Seeking mutually satisfying resolutions to conflict
- Accepting change
- Being willing to compromise

### Non-Threatening Behavior

- Talking to you calmly
- Acting so that you feel safe
- Making you feel comfortable expressing yourself and doing things.

### Respect

- Listening to you non-judgmentally
- Being emotionally affirming
- Being understanding
- Valuing opinions

### Trust and Support

- Supporting your goals in life
- Respecting your right to your own feelings, friends, activities, and opinions

### Honesty and Accountability

- Accepting responsibility for self
- Acknowledging past use of violence
- Admitting being wrong
- Communicating openly and truthfully

### Responsible Parenting

- Sharing parental responsibilities
- Being a positive non-violent role model for the children

### Shared Responsibility

- Mutually agreeing on a fair distribution of work
- Making family decisions together

### Economic Partnership

- Making money decisions together
- Making sure both partners benefit from financial arrangements

# Who Batters?

Batterers come from all races, ages, genders, sexual orientations, socio-economic backgrounds, religious affiliations, occupations, and educational backgrounds. Individuals who batter may demonstrate one or more of the following behaviors:

- Jealousy and possessiveness
- Violence or threats to obtain and maintain control
- Blaming others for their violence—not taking responsibility for their actions
- Controlling or monitoring who victim sees, or where victim goes, including work

*Batterers often experienced or witnessed abuse when growing up or have abused previous partners.*

*A batterer has never experienced a non-violent, respectful Relationship.*

## The Batterer is Responsible for the Abuse

- There are state-certified treatment programs available. In most cases, batterers need to be court ordered to treatment if change is to occur. The change process can take a long time and requires a commitment on the part of the batterer. Some batterers, even with treatment, may never be safe.
- He may make promises and apologies to get you to take him back, to drop a protection order, or to not cooperate with the prosecutor. This remorseful stage is just another tactic of his abuse and control, and does not lead to any lasting changes.
- It is common for an abusive man to be apologetic after being abusive, but this doesn't mean he'll stop being violent. In fact, many batterers have a repeating cycle with a stage of increasing abusiveness, then an incident of violence, and then a period of regret and attempts to make up.
- For the victim, the tension and fear remains long after the abuse phase ends. The victim develops coping strategies and survival techniques in an attempt to avoid more harm and injury.